

Sofrito Braised Pork

Makes: 25 servings

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Ingredients	Weight	Measure
Shoulder, Boston butt, boneless	5 1/2 lb	
Pepper, black		1 tsp
Salt		1 Tbsp
Olive oil		1/4 cup
Onions, chopped		1 qt
Sweet red pepper, chopped		1 1/2 cup
Green peppers, chopped		2 cups
Tomatoes, chopped		1 qt
Garlic, chopped		1 Tbsp
Cilantro, chopped		1 bunch
Parsley, chopped		1 bunch
Water		1 qt

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	200	
Total Fat	11.3 g	
Protein	18.9 g	
Carbohydrates	4.7 g	
Dietary Fiber	1 g	
Saturated Fat	3.7 g	
Sodium	322 mg	

Directions

1. Season pork roast with salt and pepper. Heat oil in a roasting or braising pan or tilting fry pan. Sear pork roast. Remove pork roast and set aside.
2. Add onions to the pan and saute until brown.

3. Add the red pepper, green pepper, tomatoes, garlic, cilantro, and parsley. Add the water. Bring to a simmer.
4. Return the pork roast to the pan. Roast at 325 degrees F until internal roast temperature reaches 160 degrees F (approximately 2 to 2 1/2 hours for 5 to 6 pound roast).
5. Remove from oven and let stand for 15 minutes.
6. Puree the Sofrito sauce mixture in a blender and serve with the pork.